

QC

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At the launch party for Saskatchewan Fashion Week 2015 **P. 12**

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Politics, style and class, Lt.-Gov. Solomon Schofield has it all **P. 14**

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How to drink heavenly wine at a lower price **P. 23**



WHEN NATURE IS THE MODEL

TODD MINTZ'S
PHOTOGRAPHY GIVES
A RARE GLIMPSE INTO
THE NATURAL WORLD **P. 4**

FREE

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

#GUYFERR

The Unwritten Rules: Leadership in the Workplace

There are leaders of every level in an organization, from the front line to the CEO.

Becoming a leader is obvious or simple, but there are other leaders that set an example for us all. I'm referring to those mid-level management and front-line supervisors that have the heart and drive to do their best and support others. They are seen as leaders by those around them and their natural leadership tendencies enable them to grow from experience, gaining insights often missed by others. There is a consistency about them.

The *Unwritten Rules: Leadership in the Workplace*, is written to support and advise those mid-level and front-line leaders. My book is all

about assisting them.

Tiberius (Tib) is the main character in my second manuscript but it would certainly suggest it a management or management development program. This is a book on the 30 most common workplace leadership issues that are not covered by most level and front-line leaders, the traps they unwittingly slip into, and the unexpected consequences of those around them.



Guy Ferrer

about assisting them.

The *Unwritten Rules: Leadership in the Workplace* points out the seemingly innocuous habits and tendencies of many workplace leaders that undermine their own leadership.

For example, A mid-level leader might be using every strategy she can think of to bring about a sense of 'team' and camaraderie among her staff, not realizing she is hampering her own efforts with a seemingly unrelated habit. A front-line leader may find his staff meetings have gone sour, not considering what he has done with the now stifled two-way communication, and if he does realize 'how might he effectively solve it?'

There are common personal habits and attitudes that interfere with

trust and communication. There are expectations that, if not met, can hinder productivity negatively produce, or, at the very least, cause a lot of frustration. There is a timing to some things that if done too soon or too late can erode trust, cause damage, and hamper productivity. The *Unwritten Rules: Leadership in the Workplace* is intended to be a kind of pocket mentor sharing insights and explanations based on 40 years of experience and observation. My intent is to save the reader the years it often takes to learn these concepts and the problems are encountered by learning the hard way. My book is available in McNally Robinson bookstore in Saskatoon, the Southland Mall Chapters in Regina, and at Amazon.com.



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Lt.-Gov. Vaughn Solomon Schofield dresses according to the fashion etiquette laid out down front for mother QC photo by **BRINA SCHLOSSER**

QC COVER PHOTO BY TROY FLEECE

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ON THE COVER

They are going to do what they do and I have to try to figure out a way to capture it.

— Todd Mintz

■ NATURE PHOTOGRAPHY

Mintz braves the elements in pursuit of art



Shoreline selfie: Todd Mintz spent a week in the water during the October 2013 salmon run near Seamus, B.C. (photo courtesy of Todd Mintz)

By Ashley Martin

Todd Mintz has been in some pretty truly precarious situations.

Three thousand feet below sea level. Mere metres away from animals that could rip him back from limbo.

In subzero water underneath an iceberg. "I would say that's probably some of the more intense sit-

ing you can do. I use 'intense' as opposed to 'scary,'" Mintz said with a chuckle. "I am trained in it, so I would say I'm more calculated."

"I sometimes don't feel that I'm actually taking a risk."

Risk he stacks solely with accounting. These situations wouldn't have presented, but in 1994 when Mintz finished his chartered accountancy, he also got certified in scuba diving

Now, nearly as much as he's in the office working on financial statements and tax planning for corporate clients, he's in a field or on a boat, spying on nature through the viewfinder of a camera.

Funny enough, he says, technicality and creativity converge in both fields. "Shooting cameras, there's math and it's technical, and doing accounting requires creative

ity and vision for your clients."

Nature photography has been a passion since Mintz took his first big seas trip to Bonaire in 1986.

A childhood fascination with Jacques Cousteau led to a desire to see what went on in the water. So he ventured over to The Dive Shoppe, nestled in a pool house and bought gear before he was even certified.

Here, and trained in Bonaire, he started diving in Saskatchewan lakes, which he says helped him be more desensitized to situations where you don't want to damage components like coral reefs.

"You need to have excellent buoyancy control, which is something you need here because they're all bottom lakes — they'll stir up and then you can't see a thing."

Sharks are generally good, they're not aggressive, they're not looking to do you harm, but you just hope you don't run into the one bad one — Mintz



A shark Mintz photographed in the Bahamas in 1996. PHOTO COURTESY TERRY MINTZ

For his trip to Bannock, The River Shoppe loaned him a film camera and a long-held interest in photography was rekindled.

Though he has photographed in tropical climates like Jamaica and the Goldspen Islands, and is heading to the Philippines next month, Mintz prefers cold water diving. Side-by-side divers are "not that big a deal" after experiencing Saskatchewan winters all his life.

A favorite destination is the Arctic. He has made seven trips there in the past three years and is returning in June to Pond Inlet. "We want to shoot narwhal whales — hopefully they show up."

His shoots in Saskatchewan too, which can get uncomfortable in 40 C winter days.

"I've literally had fingers I can't feel, just like suppose rise if they're not too long. Walked so far into the middle of a field and realized once the wildlife's moved off that the truck is a long way away and I've been out here for hours. Pretty unwise challenges. Sometimes, I don't like to let my wife in on knowing exactly what I'm doing," he said laughing. "So she doesn't get too concerned."

While getting close to nature can be risky business, he takes calculated risks. After all, he wants to be around for the sake of his wife Melissa and their five children.

Photography is all about the art, for Mintz. It's not about money or collecting images like they're beauty cards.

It requires patience — sitting still for hours to shoot an image, sometimes to no avail.

It's a challenge, but he doesn't like shooting in controlled scenarios. Putting a person and

adjusting lighting doesn't interest him. In fact, "They are going to do what they do and I have to try to figure out a way to capture it."

One way is by learning as much as he can about each specific animal.

"He doesn't try to focus anything — 'if I'm meant to get the image, it'll happen'" — said that relaxed approach might be a help. "I've certainly been in groups of people under water and somehow the subject, whether it be a giant squid ray or a sea lion, seems to come to me out of a whole group resembling them."

Under water, he uses a semi-professional camera with an abundance housing to seal the camera. But as important, an even a headline grip can expose the camera to water. Mintz usually carries more than one camera just in case.

He has been honored by memberships in the Explorers Club and Ocean Artists Society and was twice displayed in the Smithsonian. His photos have been published in National Geographic and Canadian Geographic magazines.

His latest work is in showcasing unique places at the Saskatchewan Science Centre in Regina, including international award winning shots of clown fish, scuba divers and jellyfish. The exhibition runs through mid-March.

The stage is perfect for 1,800 world's made for good reason. Here are the stories he told some of Mintz's favorite photos.

Shark — Bahamas, 1996

This 1996 shark trip was the first he took with his own camera.

Continued on Page 6

Alzheimer Society SASKATCHEWAN

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For information on services at the Alzheimer Society or to get involved, visit www.alzheimer.ca/sk or call 306-943-4141.

Halfway through I kind of got somewhat sick because they come up here to spawn and then they die, so there's literally piles and piles of them on the shore — Mertz



Sockeye salmon in the Adams River, B.C. Photographer Todd Mertz and a friend spent a week in October 2010 documenting the salmon run in cold-rushing waters. PHOTOS COURTESY TACD 2012

"Salmon are known for sharks. I've probably done a dozen trips over there for sharks specifically. Very misunderstood animal, not aggressive as people think in any way. We let crabs have to bait them to get them to come in, otherwise, they're not interested in going out."

There is a close vertical line at the top of this photo, to the left of centre. That's a scratch. Earlier, the shark had bit at the acrylic dome port protecting the camera lens.

"Sharks do not generally do that." That isn't

a natural behaviour for them to snap at it like that. I always say it's a bit like people — sharks are generally good, they're not aggressive. They're not looking to do you harm, but you just hope you don't run into the one that one."

"I've been with many different sharks, including ones that people would deem aggressive — tiger sharks, bull sharks, grey hammerhead — and never an issue at all."

This photo picked up several awards at a San Francisco competition in 2004, including best in show. It was the first competition he'd

entered. The prize was a dive trip to Raja Ampat, Indonesia.

Sockeye salmon — Adams River near Sicamous, B.C., October 2010

Every four years there's a large sockeye salmon run from the coast inland. They travel about 100 kilometres inland. They change colour to these vibrant reds and oranges. A friend of mine from the U.K., a photographer (Alex Muzbert), flew into Calgary. We drove through the national parks and spent a week there at the

cold rushing waters, which was challenging to say the least. In the post halfway through I kind of got somewhat sick because they come up here to spawn and then they die, so there's literally piles and piles of them on the shore. You're in water eight (or 10) hours a day. I must have ingested something as a result. The river ran through me kind of thing, and not always the best thing to have happen when you're sitting in a dry suit all day long, which means you're clipped and sealed in."

Continued on Page 8

I said 'we are close enough that the bear could jump from where he is to where I am, so we might want to back up a little bit.' Probably 15 to 20 feet, pretty close — Mintz

Bowhead whale — Qikiqtarjuaq, Ruffin Island, Nunavut, August 2012

"We were circling around looking for three polar bears and — we saw some spouting off by the shore. Bowhead whales, from what I've seen are essentially by mass about the second largest whale. We approached and there was a group I think of 15 to 18 bowhead whales in these shallows and they're a pelagic whale meaning deep water while. We quickly donned a or snorkel gear and got in the water trying to get close to them. Which was a little apprehensive (about) because they're huge whales and I'm just a speck in the water."

"This whale was coming along the bottom towards me — I'm thinking is it going to run me over? and 'what do I do?' And finally it showed in my head, 'Well, if it's going to run me over, I might as well capture the photo because I can't do anything about it.' It curved along the bottom and came up right in front of me, more metres from me, turned and then the next thing I saw was this massive tail coming around. I remember looking back as it came by, didn't touch me at all — they have such great precision of knowing — and then came off — it was kind of the one occasion where I was a little bit concerned that I might not come out of it."

"They're rare to have good images of bowheads in general, so I feel fortunate to have maybe contributed to a little bit of knowledge with regards to that species."

Polar bear — Qikiqtarjuaq, August 2012

"It's a half day, shot that was (intentionally) it's almost full frame. We had gone up to the arches in the summer on the east coast of Ruffin



Bowhead whale Qikiqtarjuaq 2012. Photo by Peter Mintz

Island. — This bear was actually lying up on the shore, sleeping on some rocks, and so we were approaching, it got up and came down to the shore essentially to check us out or greet us, so our guide on the boat kind of 'winked' our bear in close. — I said

'we are close enough that the bear could jump from where he is to where I am, so we might want to back up a little bit.' Probably 15 to 20 feet pretty close."

"I wanted to capture the intensity of the eye — The ears had dropped back, so

it had become annoyed — we started backing off. I say my bear not to be a negative impact on wildlife when I'm there, recognizing I'm not necessarily a natural thing around them."

"I've been really close to black bears, grizzly bears

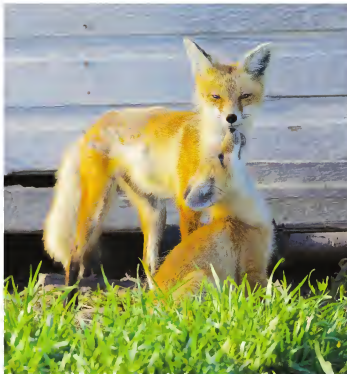


Polar bear Qikiqtarjuaq 2012. Photo by Peter Mintz

and — the hermie or spurt bear. Polar bears are definitely ones that get my attention. They are opportunistic, in my opinion, and always looking for their next meal and if you give them the opportunity they certainly will take it."

"The hermie bear was literally making smooches, black bear some thing and grizzly bears have been that close — they evaluate it and if you're not in threat they just go about their business because we're generally not their main source of food."

Thus whale was coming along the bottom towards me ... I'm thinking 'is it going to run me over?' and 'what do I do?' And finally it clicked in my head, 'Well, if it's going to run me over, I might as well capture the shots — Mintz



Fox and her kit — farm south of Regina, summer 2014

"With any shot, you need to become a bit of a biologist. You need to understand the animal, track some routes and then try to be in place when those routes occur. I wanted to capture some interactions between the adult and the young. I was actually sitting in an old horse trailer along the fence line fairly close to this, trying to be hidden, and the mother showed up and then the kit showed up, but then the little ferox dog started chasing them off. I'd spent hours on end."

"There was one time ... for four hours nothing happened, so there's never a guarantee with wildlife. It's a lot of time and commitment but you never know what you'll see. I feel fortunate to have seen all the things that I do get to see when I'm out there."

tom@leadpost.com
[Twitter.com/leadpost](https://twitter.com/leadpost)

IN THE CITY

JANUARY 24, 2015 — 9:04 P.M.

Making waves



Boats: Sour VVO battles against the Lily Dippers during the LG Fitness 'Xp' O'Wile Style Dragonboat Festival held at the Levens Aquatic Centre in Rugeley. GC PHOTO BY MICHAEL HILL.

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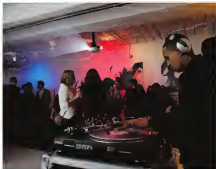
ON THE SCENE

SASKATCHEWAN FASHION WEEK LAUNCH PARTY

Those with a passion for fashion gathered at Kinetic Islands Photography Studio on Jan. 24 for the Saskatchewan Fashion Week launch party and campaign video premiere.

Saskatchewan Fashion Week will be held May 7 to 9 at the Canada Saskatchewan Pavilion, Sun Studios (South Star), showcasing original designs for men and women from designers' fall/winter 2015 collections, as well as fashions from local retailers for spring/summer 2015.

QC PHOTOS BY MICHAEL BELL



1. Beanie Kelly and Martina Nardic

2. Chelsea Allen and Sherrill Allen

3. Megan Peterson and Jill Swenson

4. Leann DeBorck and Randi Fehr

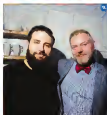
5. George Ivinow, Kamil Kubarov and Ivan Podgorny

6. Scott Goodwell, Gail Hattoria and Jerald Schlechte

7. Amy and Julie Gowdy

8. Jennifer MacInnes and Cristel MacInnes

9. Kinika Inridge and Brad McNaughton



FASHION

SASKATCHEWAN FASHION

Lt.-Gov. Vaughn Solomon Schofield:

Like mother, like daughter

By Ashley Martin

Charlie Solomon was a fashion conscious lady. Even during the Great Depression, with little money to spare for new clothes and shoes, she was resourceful.

"One of the tricks that she used, she would draw a seam up the back of her leg so it looked like she had stockings on," said Vaughn Solomon Schofield, the second of Charlie's three daughters.

"She was always very conscious of how she looked and what she wore and was on a budget in those years, so when she couldn't afford to buy the clothes that she wanted to buy she would make them. I'm sure that's where my interest in fashion first came from. She was a hard act to follow."

But like her Solomon Schofield did, as did her two sisters.

"We'd had a huge interest in fashion and looking your best and a lot of that goes back to etiquette training and that kind of thing not looking like you just got out of bed when you go out."

Etiquette is handy knowledge given Solomon Schofield's job. She's lieutenant governor of Saskatchewan, a role that involves a lot of pomp and circumstance as she represents Queen Elizabeth II within the province.

After studying fashion marches during at Queen's Bay Vogue School in the early '60s, Solomon Schofield returned to Regina and ran a custom school out of her parents' home.

"There was a fair amount of modelling involved but there was also a lot of etiquette, how to walk properly, how to speak properly," she said. "Modeling was really just getting started in Regina in those days. It's taken off now."

Her current job, which she has held since March 2010, affords her an outlet for her love of fashion, too.

"I think I'm still a little bit of a little girl at heart. I like to get dressed up," said Solomon Schofield. "I could get dressed up almost every day if I want to as it's not quite as thrilling as it used to be, but I still enjoy it."

Were she not regularly in the public eye, Solomon Schofield would be conscious of her appearance, as she believes everyone should be.

"I think it's important that young girls have a fashion sense and look after themselves and look after the way they look. But I think it's equally as important for older women to not stop doing it once they reach a certain age and give up and not really care what they look like. At both ends of the spectrum I think it's important to be conscious of how you present yourself and how you up gear. I think it makes you look happy and healthier," said Solomon Schofield, though she admits she has jeans and T-shirt days at home in Regina Beach.

An involved governor, she often has to change multiple times a day. It takes planning — she brings in bags of clothing and accessories and has become adept at transferring toiletries onto accessories (shoes and jewelry are her favourites).

Her love of shoes goes way back. "I think I started wearing high heels when I was about 10. I used to sneak them beyond my mother when she wasn't looking. I wasn't allowed outside in them at home, but I would wear all of her shoes until I outgrew her feet. She had tiny little feet."

As for jewelry, she's a big fan of Regina daughter Rachel Miska, and presented a Hilberg & Berk brooch to Her Majesty a year-and-a-half ago.

"Mother's work is just amazing," said Solomon Schofield. "When one considers how many brooches the Queen must have, it's amazing that we've seen her in one or other dress so many times."



For Lt. Gov. Vaughn Solomon Schofield, looking your best is all part of the job. QC PHOTO BY HELEN SCHWASSER

What's your favourite winter look?

Send us a pic or email to QC@leaderpost.com

FASHION

TODAY'S OUTFIT

- GLASSES:** She has several pairs all from South Albert Eye Clinic.
- MAKEUP:** "As you get older and your skin starts to sag it gets harder to cover that up" she said with a laugh. "but I've never had any work done on my face."
She plays with colours around her eyes, opting today for blue eyeliner and eyeshadow.
"I'm wearing a light lilac velvet dress to a dinner tonight, so I try to match up the glasses and the makeup."
- EARRINGS:** "I like to always have earrings on" because it "helps pinned ears."
- MEDALS:** (Knots of Office, a television and newspaper exclusive) "I wear it for official functions and when I'm not an official function, then I'll wear a small version a little pin that I wear."
"I often have to wear medals and (some) are really heavy and big, and so you have to think about what kind of cloth you're wearing and hope the medals will work and not destroy the dress."
- JACKET AND SKIRT:** The Sky.
- RINGS:** Both belonged to her mother. "I'm going to a formal event, sometimes I wear something a little fancier."
- BRACELETS:** "I bought it at Saks on sale."
- TIGHTS:** "I hate things that are tight around my stomach so I tend to buy them two or three sizes too big."
- SHOES:** She wore this pair when Prime Minister Stephen Harper announced her as lieutenant governor.



EVENTS

MUSIC

Wednesday, Jan. 26

Wednesday Night Polka Ryan Hicks & Band
Bushwacker, 2266 Dewdney

The Alley Owls
Lapalme Tower, 3330 Albert St.

Eric McIlwain and Friends
Creative City Centre
643 Hamilton St.

Thursday, Jan. 27

Nikki Yonkoff
Casino Regina Show Lounge
1610 Saskatchewan Dr.

Ross McIlwain
The Lancer, 4529 Gordon St.

Jack FM battle of the bands
McNally's, 2226 Dewdney Ave.

Taffette concert series
Corylone Recital, 4011r Milliken, Celtic Deli Cruz, Jessica Trow, Ole Grand Caribbeans, 7 p.m. Artful Dodger, 1637 11th Ave.

Shanea Groble
The Artisan, 2627 12th Ave.

Beck Candy
The Pump, 641 Victoria Ave. E.

Live music
Pat Badger, 1852 South St.

Friday, Jan. 28

444 Pickings
HQ, 1470 Toronto St.

Weekly Drum Circle
Instruments provided
7:30-9 p.m., The Living Spirit Centre, 3019 Dean Dr. Call Mike, 255-556-3391.

The Millwright's Band
Broadway Lounge, 1307 Broadway Ave.

Beer, Bacon, Bands



Nikki Yonkoff performs Monday at the Casino Regina Show Lounge. GEMMY MADEIRA

Cancous Arts Centre
200 Lakeshore Dr.

Beck Candy
The Pump, 641 Victoria Ave. E.

The "New" Montagues
McNally's, 2226 Dewdney Ave.

Sean Burns
Edwards, 2300 Dewdney Ave.

SMitty Dreams
Charlone, 1617 South St.

Saturday, Jan. 31

The Millwright's Band
Broadway Lounge, 1307 Broadway Ave.

Open Acoustic Jam
3:30-6 p.m.

Broadway's Lounge
1307 Broadway Ave.

The Language of Love
Early Indian baroque music featuring the Iloroko, by Perpetua with Madeline Owen, piano. The Iloroko play 6 p.m., Knox Metropolitan United Church.

Beer, Bacon, Bands
Cancous Arts Centre
200 Lakeshore Dr.

Sean Burns
Edwards, 2300 Dewdney Ave.

The "New" Montagues
McNally's, 2226 Dewdney Ave.

Kim Huggs
The Club at the Exchange

3631 Eighth Ave.

Beck Candy
The Pump, 641 Victoria Ave. E.

Irish Fiddle 40 Below
A night of food, fun and Irish entertainment including: Seamus of Scotch, Kieran Butler the Skaly School of Irish Dance lessons, and more. \$20. 7 p.m.-midnight, Lonsdale Bowling Club, 1600 Dewdney Ave.

Wolf Willow
8 p.m. Artful Dodger, 1637 11th Ave.

Monday, Feb. 1

Open Jam
Every Friday 3-6 p.m.

Mop-Club, 639 Victoria Ave.

All You Need to Love
Musical lunch fundraiser
Hotel Saskatchewan, 2125 Victoria Ave.

Monday, Feb. 2

Monday Night Jazz & Blues
Whitby Film
Bushwacker, 2266 Dewdney

Tuesday, Feb. 3

Kazuki
McNally's, 2226 Dewdney Ave.

VISUAL ART

Material Girls
Works by 24 female artists of

different ages, from a variety of disciplines and cultural backgrounds, using both traditional and new media overlaid the senses with bright colours and descriptive motifs.

Jan. 30-April 9, Dankey Central Gallery, 2271-10th Ave. Raphaelle de Groot artist talk, Jan. 30, 6 p.m. Opening reception, Jan. 30, 7 p.m. Amy Miller's "Methods" performance, Jan. 31, 3 p.m.

Contemporary Canadian Fine Arts
The Artists of Scott Nicholson Fine Arts. Features works of art that portray the essence of contemporary Canadian fine art. Until Jan. 31, Pedra Centre Crossing, 1637 Albert St.

Silene Wilkove: Splendid
Wilhelm's work explores how perceptions of "Canadianism" are constructed. The photographs, ink and porcelain, depict Wilkove as a symbol of idealized Canadianism. Until Feb. 4, Dunlop Art Gallery — Sherwood Village branch, 925 Birchdale Blvd.

Casting the Imagination
Tracing the art of casting from its roots in Asia and the Ancient Near East to works that span the 20th century. Until Feb. 6, MacKenzie Art Gallery, 3679 Albert St.

Landscapes and Sky, People and Place: Contemporary Canadian Fine Art
The Artists of Scott Nicholson Fine Arts. Until March 22, Government House, 6607 Dewdney Ave.

Landscapes and Sky: Contemporary Canadian Fine Art
The Artists of Scott Nicholson Fine Arts. Until April 26, Pedra Centre Crossing, 1637 Albert St.

EVENTS

ARTISTS: JEFFREY BROWN/ARTIST; JEFFREY BROWN/ARTIST; JEFFREY BROWN/ARTIST; JEFFREY BROWN/ARTIST; JEFFREY BROWN/ARTIST; JEFFREY BROWN/ARTIST; JEFFREY BROWN/ARTIST; JEFFREY BROWN/ARTIST; JEFFREY BROWN/ARTIST; JEFFREY BROWN/ARTIST



Archer Pylipuk and Kaitlin Janssen perform in *The Sparrow*, which runs through Feb. 8 at the Globe Theatre. go to go.leadpost.ca/arts for more.

Art Gallery of Regina
Neil Sawell Civic Arts Centre
2430 Elphinstone St.
Open Monday to Thursday 11 a.m.-5 p.m., Friday to Sunday 1-5 p.m.

Assiniboia Gallery
2018 Smith St.
Open Tuesday to Friday, 10 a.m.-5:30 p.m., Saturday 10 a.m.-5 p.m.

Mitch Gallery
(Formerly Metrolia) 100-2300 Grand St.
Open Tuesday to Saturday, 11 a.m.-6 p.m.

Northwest Council
#200-1830 South St.
Open Tuesday to Saturday, 11 a.m.-5 p.m.

Novum Gallery
2146 Albert St.
Open Tuesday to Saturday, 10 a.m.-5 p.m.

Oakdale Gift and Fine Arts
Oil and ink paintings by Chr-

ist artists Ursula Jans and Hazel Tan
2212 Smith St. Open Monday to Saturday, 10 a.m.-5 p.m.

Marie Pless Art Gallery, 2018 Halifax St.
Open Tuesday to Friday, 10 a.m.-5 p.m., Saturday 10 a.m.-5 p.m.

COMEDY

The Laugh Shop
Live standup every Saturday night, 9-10 p.m.
Horseshoe Hotel, 1818 Victoria Ave.

PERFORMANCE

Playright Readings Musical Robinson
Jan. 28, 6-7 p.m.
U of W Haddell Centre Show Box Theatre

Geth Selby
Until Jan. 31
Globe Theatre, 1807 South St.

Living in The Spaces
Until Feb. 8
Globe Theatre, 1807 South St.

The Last Five Years
Presented by Golden Apple Theatre, starring Kaitlin Janssen and Leon Wiley. It explores a five-year relationship. The man's story is told in chronological order, while the woman's is told in reverse chronological order. \$35 Feb. 3-11, 8 p.m.
The Arsenal, 2627 12th Ave.

DANCING

Freelancing dance
Music by Judy Trevers
Jan. 31, 8 p.m.-1 a.m.
Exiles Club Hall, 1800 Halifax St.

The Sting and Shakes: A Western-swing dance and Wolf in Blue EP release
Jan. 31, 8 p.m.
Artful Dodge, 1831 18th Ave.

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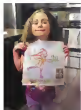


Colouring contest

Each week, artist Stephanie Morley creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product, and email it to art@leaderpost.com. One winner will be chosen each week.

Please send high-resolution pictures and include the child's name and contact information.



Last week's QC coloring contest winner was **Ava Schaefer**. Congratulations! Thanks to all for your colorful submissions. Try again this week!



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EVENTS

What you need to know to plan your week.
Send events to QC@leaderpost.com

Isle of Lemmings: Medagogy

Documentary

Join scientist Patricia Wright on her lifelong mission to help endangered lemmings survive in the modern world. Narrated by Morgan Freeman.

Journey to the South Pacific

Documentary

Narrated by Cate Blanchett, this is a beautiful adventure to the lush tropical islands of remote New Hebrides, where life flourishes above and below the sea. Join Awa, a young islander, as he takes us on a journey of discovery to this magical place where we encounter whale sharks, sea turtles, marine iguana, and other exotic creatures of the sea.

Intelligence

Sci-Fi

A group of explorers make use of a newly discovered weapon to surpass the limitations of human speed, travel and conquer the vast

distances involved in an interstellar voyage. Directed by Christopher Nolan.

Kramer film
2962 Pembroke Dr.
506-522-6529

NEW MOVIES

The Loft

Thriller

Five married men jointly own a loft that they use to meet their mistresses in secret. When the bloodied body of a married young woman is found handcuffed to a bed in the loft, the men begin to suspect each other of being a murderer.

Project Almanac

Thriller

Some high school students find an old camera and notice their present selves are in one of the home videos from over 10 years ago. They realize



New Summer blockbuster director star Gemma Arterton, who stars in this weekend's R.R. film *Almanac*

there is more to this camera than what meets the eye. After hearing a clicking sound in the basement, they find a time machine and travel around the world to different eras.

When their journeys result in devastating circumstances, they must go back in time and fix the mistakes they made before the world is destroyed.

Black or White

Drama

After the death of his wife and daughter, widowed grandfather (Kevin Costner) is left to raise his second granddaughter. When the girl's paternal grandfather (Oscar Isaac) decides to fight for custody, he becomes involved in a bitter custody battle.

Galaxy Cinema
430 McCarty Blvd. N.
306-322-9098

Complex Order

Southland Med Cinema
3025 Gordon Rd. 306-585-3383

Golden Cinema

Golden Mile Shopping Centre
3606 Albert St. 306-335-5259

Events listing are a free community service provided by QC. Listings will be printed twice monthly. Please email qc@leaderpost.com for more info.

ASK ELLIE

No age is right to settle for a divisive relationship

Q: I've secretly dated a man for six months (living to my family about it). He's African American and my European family doesn't consider interracial relationships.

However, I don't know if I would continue with the relationship.

A: We're very different as our likes, values, systems, and thinking. He's an excellent dad, personal, funny, happy living in a beautiful apartment and driving a Ferrari. He drinks a lot daily and smokes marijuana daily.

I'm a hard worker always striving for better. He wants us to get a place together. I moved back with my parents due to debt and have been working three jobs and living frugally.

I should be debt free in six months and have saved for the deposit to purchase a place in another six months.

My boyfriend doesn't agree with my plan and feels that moving to would be great for both. However, I don't think we could work. The same time led to get out of moving him.

I feel the relationship is guarded only so he can't let his heart let

Ask Ellie



emotional connection, and hates and avoids stress.

When I'm having stress at work or at home, he cuts me off. I've stopped studying anything to him. I make more money, but fear his lack of ambition means we'll have a mediocre life. He'd previously made more money working security but has nothing to show for it.

My friends say I should just accept what I get because the package is size zero, at age 40. He's a nice person who cares and is giving, but I don't think it's enough.

Duration Noted.

A: You raised the interracial issue, and your parents' rejection, but

but that's not your problem. Rather, it presents as your intended escape clause.

You two are fit, married for a life to gather. No love is mentioned, only sex disparities in lifestyle, ambition, and communication. The drinking and pot smoking could their costs will create a bigger divide if you two fail to gather, especially on stress levels.

Your friends are wrong. No one should accept a poor relationship due to "oh, well, price tag." You claim the relationship is one-sided, but according to date here is something to be unhappy. "Oh, but, man, moving" only the you both should go separate ways. Age 40 is time for you to believe as yourself, not in your friends' petted views.

Q: In a year, I'll be going to college. My plan is to take the police foundation course and then join the Canadian military. I don't know how to tell my parents this.

They know nothing about my career path. They hate my hard working job and keep telling me to

get a good job that's easy and simple, so that I don't suffer like they did working in hard conditions.

My heart wants to help and give people. That was my dream since I was a little kid. I'm afraid my parents will be angry with me and not support me with my decision.

Desired Career

A: Your parents don't have the opportunity to choose a desired job they took what they could get due to their circumstances.

Explain to them that a dream is never will feel "easy" for you as not to be a dream.

Tell them that it's their hard work for which you thank them that now makes you feel lucky to follow your heart. Say that police and military service, which help and protect others as well as the Canadian view of justice and democracy which they value, is important work for which you hope they'll be proud of you.

Then stick to your plan.

Q: I've been wondering since Christ-

mas about the new office etiquette for getting between managers and their employees.

Our old company team, an office with 3,000 employees, contributed what if we wanted, and my manager received about \$80 for Christmas. Our group received a greeting card as return. This also happened with last year's team gift message.

Over the previous 20 years of employment, I'd always received a gift from my boss, and a return gift was expected. Even a \$500 one would be appreciated and I'd willingly give a gift to my manager as well.

Am I missing something?

Office Gifts

A: You're missing that times have changed. Many companies are still spending in recovery mode. Your status quo have reflected that policy three past two years.

Clearly gifting is not new as an necessary, it's not Christmas, you think a manager is deserving and a personal or non-work of appreciation. It has the most value.

MID WINTER SPECIALS

No Payments Till March/2015 O.A.C

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2014 COROLLA LE Backup Camera, Heated seats
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2014 VW JETTA Loaded 3 to choose from
 **AS LOW AS \$16,900**

2014 NISSAN ALTIMA SV Sunroof, Alloys
 **REDUCED TO \$20,900**

2014 NISSAN MAXIMA Leather, Sunroof **\$27,900**

2013 MATRIX Auto, Loaded, 3 to choose from **\$16,900**

2013 COROLLA 5 to choose from, Auto Hill seats
 **FROM \$13,900**

2012 INFINITI G37X Black, Loaded, WAS \$33,900
 **NOW \$30,900**

2009 TOYOTA HIGHLANDER SPORT
 Leather, PST Paid **\$23,900**

2014 DODGE CHARGER Alloys, Spoiler, Exhaust,
 WAS \$26,900 **\$23,900**

2014 NISSAN ROGUE Silver, AWD **\$24,900**

2014 NISSAN PATHFINDER SV **\$35,900**

2013 TOYOTA VENZA V6 AWD **\$27,900**

2013 4RUNNER LTD PST Paid, WAS \$46,900
 **REDUCED TO \$40,900**

2012 TUNDRA CREWMAX Platinum,
 WAS \$43,900 **\$40,900**

2011 CHEV TRAVERSE 7 Pass, AWD, PST Paid
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SHARP EATS

SASKATCHEWAN FOOD SCENE

Catering to food sensitivities

By Jenn Sharp

In 2014, we all became familiar with the term gluten free.

Foodies are interested in gluten free and restaurants make a point of providing options on the menu. (It's tough just because a food is gluten free might not mean it's healthy but that's a whole other topic.)

The trend now is toward allergen-free foods and catering to more restrictive dietary choices, like vegans, Paleo, Celtic or diabetic. Making food devoid of common allergens like dairy or peanuts makes it inclusive. You can pick up a ton of cupcakes made in a gluten-free bakery for a worry-free birthday party.

Many restaurants in Regina, like Table 18, offer gluten-free menus. Zena's, Leydla, an organic, whole food restaurant in Saskatoon, caters to those with Celiac Disease and to those avoiding common allergens. Staff is well-versed in food preparation methods and ingredients used—measuring words if you suffer from food allergies.

Baking often poses the biggest problem for people with food sensitivities. A new custom bakery in Saskatoon is making it easier to eat treats and with an added healthy twist.

Lucille McInnes started Inside Out Bakery after she eliminated gluten and dairy from her diet.

"I never thought I had allergies. It wasn't. It was only once I went through that process of cleansing my system that I realized that was a part of it."

She couldn't eat a lot of gluten-free items because of the yeast content. (Yeast is a common trigger in digestive problems.)

Dairy and dairy-free products are usually high in yeast.

"The doughs are heavier and you need to double or triple the yeast to get even close to the rise. You're not enjoying an ingredient that's already an irritant for someone that has digestive issues," she says.

Inside Out eliminates as many allergens as possible and creates



A selection of the baked goods from Inside Out Bakery, which is looking after a brand of foods allergen-free (photo: Saskatchewan) QC results in a variety of

treats. (caption is never an issue because dairy, gluten, peanuts, tree nuts, corn and yeast are not in the facility.)

To replace these ingredients, McInnes uses coconut, brown rice oil, and chickpea flour, coconut milk and avocado, along with pumpkin seed and pea protein powder to give products a balanced mix of carbs, protein and fat (while using high carbs, high sugar, gluten-free products).

McInnes doesn't want people to have to cope, saying it's unnecessary and that we rely on dairy and nuts too much—there are other beneficial alternatives.

"I saw a community need, a need

for education. My big motto is, 'Let's make food that we can all eat together.'"

If the community embraces allergen-free cooking as a whole then I see a big future.

To order custom baking, go to www.insideoutbakery.com where you can enter any dietary restrictions on the order form. The bakery uses organic products with a short shelf life because the customers ordering system. Protein and a small variety of fresh goods are also available to share.

In Regina, visit Kosher Bakeshop at 304—2018 Pegasus St. for an extensive selection of gluten and dairy-free options.



See a food trend you think deserves a highlight? Email QC@leaderpost.com or visit us on Facebook

WINE WORLD

WINE WORLD

How to drink heavenly wine at lower prices

By James Romanow

A couple of weeks ago I was at a party and my friend Bob brought a bottle of Castilla de Alamos from BQ. This is a temperate bottle that is wickedly machine-like (did not the 2000 version the winery typically releases at the three year mark.)

In any event, the glass was outstanding. The bouquet was slightly dominated with great fruit, spice and herb aromas and the palate something to treasure. The tannins were beautifully smooth.

It's a classic Spanish blend of grapes: Tempranillo, Merlot and Grenache. It is also one of the reasons I keep telling people to stop running over Argentina and drink Spanish wine. The stuff delivers tremendous value for the money (demonstrating just to be ignored when you're facing the first couple of credit card bills of the year).

In addition to testing great there is another solid reason to drink the stuff — it's all on the rise. People talk me all the time about coffee and other mythical beasts. The most common reason for people reacting to red wine is the great byproducts (don't believe me? Take a Rosetta and taste one drink). It is my experience that once you start drinking fine wine and other most beautiful ones can be made.

We have no hope of avoiding beautiful from



popular wines whose business model requires release at 18 months or younger. Good look at finding a few-year-old bottle from Napa. But even better is to follow the a vintage or single. Buy a case every year and stock it in the basement. Then you too can experience some heavenly wine at very inexpensive prices.

Castilla de Alamos Reserva Reserva, 2010 \$14.99 (**** if you order it 30 days)

More wine in Monday's paper and on blogs on Twitter @jamesr.

Crossword/Sudoku answers

MOST	VAMES	IOS
APAIR	CRANE	NEE
CRIMEAR	RIVER	CIA
RATED	PARASAIL	
OH	HRS	LOPE
	FOOTS	SEARED
GOBETWEEN	SCOPE	
MOOR	SITON	OVER
ALARM	GGBI	WEEN
TATARS	RIKES	
	RIPPLE	BLAG
PARISALE	YURELO	
HPI	CRIMEAR	RIVER
EST	ALOMS	BUEVE
PER	NATAL	NEES

4	6	3	7	5	9	2	1	8
9	8	2	1	3	4	7	5	6
1	5	7	6	8	2	9	4	3
7	2	8	5	6	3	4	9	1
3	1	4	9	2	8	6	7	5
6	9	5	4	1	7	3	8	2
2	3	9	8	4	5	1	6	7
8	4	1	3	7	6	5	2	9
5	7	6	2	9	1	8	3	4

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